


Create Your Own Trail Mix

Instructions: Mix and match the ingredients below to create your own recipe. There is no right way to make a trail mix. Combine whatever sounds good to you!

Choose “unsalted” if you’re concerned about sodium.

Choose “unsweetened” if you’re concerned about added sugars.

Nuts



Almonds	Walnuts	Pistachios	Peanuts
Cashews	Macadamia Nuts	Pecans	Brazil Nuts
Pine nuts	Hazelnuts	Chestnuts	Pili Nuts

Seeds

Pumpkin	Sunflower	Sesame	Flax
Hemp	Chia	Squash	Wheat germ

Grains

Shredded Wheat® Cereal	Oat cereal	Chex® Cereal	Kashi® Cereals
Toasted Garbanzo Beans	Rice Chips	Cracklin’ Oat Bran® Cereal	Whole Wheat Crackers
Whole Grain Crackers	Popcorn	Sesame Sticks	Pretzels
Toasted Oats	Granola	Puffed Rice Cereal	Puffins® cereal

Dried Fruit, Freeze Dried Fruits and Vegetables



Cranberries	Cherries	Blueberries	Apples
Sun Dried Tomatoes	Banana Chips	Mango	Dates
Goji Berries	Pineapple chunks	Apricots	Strawberries
Grapes	Cantaloupe chunks	Pear	Peaches
Raisins	Nectarines	Kiwi	Guava
Ginger	Coconut	Plums	Prunes
Peas	Corn	Figs	Pomegranate

Sweets

Chocolate Chips	Chocolate covered coffee beans	Cacao nibs
Mini Marshmallows	Peanut butter chips	M&Ms® candy



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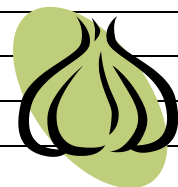


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Butterscotch chips	Yogurt covered raisins	Reese's® candy
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Savory Extras for Added Flavor and Seasoning

Wasabi peas	Onion Powder	Cinnamon
Ground Ginger	Curry	Nutmeg
Cardamom	Cayenne Pepper	Garlic Powder



Sample Trail Mix Recipes

Basic Mix: mixed nuts, mixed dried fruit, and granola

Tropical: Cashews, Brazil nuts, dried mango, coconut flakes, and banana chips

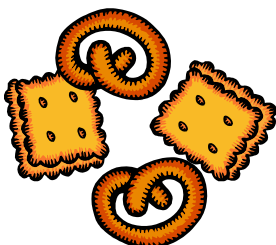
Fall Mix: Pecans, dried apples, maple granola, pumpkin seeds, nutmeg, and cinnamon

Rich and Creamy: Coconut flakes, white chocolate chips, hazelnuts, chocolate-covered coffee beans, and cacao nibs

Beach Mix: Macadamia nuts, white chocolate chips, dried pineapple, and coconut flakes

Spicy and Savory: Almonds, wasabi peas, sesame seeds, dried ginger, Chex® cereal, and sesame sticks

Peanut Butter Mix: Banana chips, peanuts, walnuts, and Reese's Pieces® candy



Coffee Mix: Hazelnuts, almonds, raisins, pretzels, and chocolate-covered coffee beans

Monkey Mix: Banana chips, peanuts, almonds, dark chocolate chips, raisins, and coconut flakes

Movie Night: Popcorn, peanuts, M&Ms® candy, and dried cranberries

Cereal Lover: Cracklin' Oat Bran® cereal, shredded wheat cereal, puffed rice, granola, cashews, dried cherries, dried cranberries, and dried blueberries

PB&J: Peanuts, dried strawberries, whole wheat crackers, and peanut butter Puffins® cereal